

North Carolina

Multisystemic Therapy (MST) Profile

MST is an evidenced-based intensive family and community-based treatment service that addresses multiple aspects of serious conduct behavior problems and substance use in adolescents.

Facts about MST

- The MST treatment focuses on providing intensive family therapy in the home and community.
- MST addresses multiple aspects of serious behavioral issues in adolescents, including substance use and conduct.
- MST targets chronic, violent and substance-using juvenile offenders at high risk of out-of-home placement.
- Treatment is clinical home-based interventions that promote behavior change in the youth's natural environment.
- MST treatment lasts approximately 3-5 months.
- In clinical trials, MST achieved a 25-70 percent decrease in adolescent substance use, adolescent psychiatric symptoms and long-term re-arrest rates.
- In clinical trials, MST achieved a 47-67 percent reduction in long-term, out-of-home placement.

Select National Accolades

Recognized by:

- National Institute on Drug Abuse (NDIA)
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- National Registry of Evidence-based Programs and Practices (NREPP)
- Blueprints for Violence Prevention Model Program
- U.S. Surgeon General

among many others...

Feedback from North Carolina Parents

A mother from Wake County with a 17-year-old son who was referred to MST for physical and verbal aggression, marijuana use, school and home noncompliance shared the following after completing MST – “I wanted to let you know how helpful the MST therapist has been to our family. She has given us consistency and guidance that we have sorely needed. She is such an intuitive, intelligent counselor. She is an excellent listener and has a terrific memory. I wish more parents had the benefit that MST has provided to us. And you can feel confident when you assign this MST therapist to a family that they will have an engaged, resourceful asset.”



Multisystemic Therapy

“MST was a great program for us and I wish we had done it a long time ago...We are better equipped to deal with future situations. Our son even has a job interview tomorrow!”

- NC mother of teenage son referred to MST for physical and verbal aggression, stealing, home and school noncompliance.

MST Cost Savings

The following data shows the 2011 cost effectiveness of MST in North Carolina in comparison to several other treatment modalities.*

Treatment	Cost Per Youth	Cost savings when using MST instead of the following services
MST	\$11,531	N/A
Intensive In-Home Services (IIH)	\$12,695	\$1,164
Residential level II placement	\$18,112	\$6,581
Residential level III/IV placement	\$28,422	\$16,891
Residential PRTF placement	\$66,976	\$55,445

*Data provided by North Carolina Division of Medical Assistance.

2011 NORTH CAROLINA MST OUTCOMES DATA

The following is a review of the average performance of the North Carolina MST team compared with the national average of MST providers and the average of all North Carolina MST providers.

Ultimate Outcomes Review	National MST Average*	North Carolina MST Average*	Specific Provider Average
Living at home	88%	91%	
In school/working	85%	91%	
No new arrests	84%	88%	
Percent of cases completing treatment	84%	86%	
Average length of treatments	130 days	132 days	

*Average scores for all cases which had the opportunity for a full course of treatment and closed out between 1/1/11 and 12/31/11.



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MST TEAMS IN NORTH CAROLINA: ACCORDING TO COUNTY & AGENCY

Organization	MST Team	County's Served	City
1 Easter Seals UCP	Burlington 1	Alamance & Caswell	Burlington
	Wake 1	Wake & Durham	Raleigh
	Wake 2	Wake	Raleigh
	Wake 3	Wake	Raleigh
	Eastpointe 1	Sampson	Clinton
	Rocky Mount 1	Wilson, Greene, Edgecombe, Nash	Rocky Mount
	West Team	Iredell, Surry, Yadkin, Stokes & Forsyth	Statesville
	Greenville	Pitt	Greenville
2 Alexander Youth Network	AYN MST Team 4 Blended	Mecklenburg & Gaston	Dallas
	Charlotte – Team 1	Mecklenburg & Gaston	Charlotte
3 Amethyst Consulting & Treatment Solutions	ACTS 1	Guilford & Alamance	Greensboro
4 Comprehensive Solutions of NC, Inc.	Onward and Upward Team	Lenoir	Kinston
5 CRSE Advanced Placement Behavioral Health & Human Services	Winston Salem – Alpha	Stokes, Davie & Forsyth	Winston Salem
6 Faith in Families Inc.	Unity	Durham & Wake, Rockingham, Caswell and Alamance	Durham
7 Haire Enterprises, Inc.	C-REP 1	Cumberland	Fayetteville
	C-REP 2	Cumberland	Fayetteville
8 Haven House Services	Homesteaders	Wake	Raleigh
9 HomeCare Management Corporation	Statesville	Iredell	Statesville
10 Johari Family Services, LLC	Johari 1	Cumberland, Hoke, Sampson, Lee	Fayetteville
	Johari 2	Harnett	Hartnett

11	Pathways to Life, Inc.	Johnston Team	Johnston County	Johnston County					Selma
12	ProCure Therapeutic Agency, Inc.	MST Charlotte		Mecklenburg County					Charlotte
13	Trinity Services, LLC	Sandhills 1		Cumberland, Richmond, & Scotland					Rockingham
14	Uplift Comprehensive Services	Martin Team	Martin County	Martin County					Martin County
		Pasquotank	Pasquotank County	Pasquotank County					Pasquotank
15	Youth Villages	Asheville 1		Buncombe, Haywood, Henderson, Rutherford, Yancy					Asheville
		Asheville 2		Madison, McDowell, Mitchell, Polk, Transylvania					Asheville
		Boone 1		Ashe, Alleghany, Avery					Boone
		Boone 2		Wilkes, Watauga					Boone
		Charlotte 1		Gaston, Mecklenburg					Charlotte
		Charlotte 2012		Union					Charlotte
		Concord 2		Carbarrus, Davidson					Concord
		Concord 3		Irredel, Rowan, Stanley					Concord
		Durham 1		Chatham, Durham, Franklin, Wake					Durham
		Durham 2		Granville, Johnston, Orange, Person, Vance					Durham
		Greensboro 3		Beaufort, Craven, Edgecombe, Greene, Pitt, Wayne, Wilson					Greensboro
		Greensboro 4		Jones, Lenoir, Martin, Nash, Pamlico					Greensboro
		Greenville 1		Pitt					Greenville
		Pinehurst 1		Anson, Harnett, Lee, Moore, Montgomery, Richmond, Scotland					Pinehurst

MST Providers in North Carolina Supported by MST Services Experts

MST Standard Licensed Program	Counties Served	Supervisor	Supervisor's Office Phone #	Supervisor's Email
Alexander Youth Network <i>(1 standard team and 1 problem sexual behavior (PSB) Team)</i>	<ul style="list-style-type: none"> • Mecklenburg Standard Team • Cleveland (PSB) • Gaston (PSB) • Lincoln (PSB) 	Kimberly Nesbitt Standard Team Nana Manley PSB Team	704-777-4820 704-724-5942	knesbitt@alexanderyouthnetwork.org nmanley@alexanderyouthnetwork.org
Amethyst Consulting & Treatment Solutions <i>(1 team)</i>	<ul style="list-style-type: none"> • Guilford 	Shawnta McMillian	336-674-9781	smcmillian@amethystcares.com
CRSE Advanced Placement Behavioral Health and Human Services <i>(1 team)</i>	<ul style="list-style-type: none"> • Forsythe 	Trenita Crouch	910-223-2862	t.crouch@aplacement.org
Easter Seals UCP North Carolina, Inc. <i>(8 teams)</i>	<ul style="list-style-type: none"> • Alamance • Duplin • Durham • Edgecombe • Greene • Iredell • Lenoir • Nash • Sampson • Surry • Wake • Wayne • Wilson • Yadkin • Forsythe • Franklin • Stokes • Warren Prospects: <ul style="list-style-type: none"> • Wilmington • New Bern 	Adelmar Winner <i>Wake 3</i> Shekinah Thomas <i>Eastpointe</i> James Robinson <i>Wake CO1</i> Petra Bowery <i>Wake CO2</i> Glenda Knight <i>Rocky Mount</i> ChaChi Sullivan <i>West</i> Alecia Brower <i>Burlington</i> Chavela Wooden <i>Greenville</i>	919-865-8788 910-596-2221 919-865-8732 919-865-8626 252-467-2860 (ext 235) 704-402-1060 (ext 8412) 336-585-1737 (ext. 1726) 252-353-8001 (ext 1320)	adelmar.winner@eastersealsucp.com shekinah.thomas@eastersealsucp.com james.robinson@eastersealsucp.com petra.bowery@eastersealsucp.com glenda.knight@eastersealsucp.com chachi.sullivan@eastersealsucp.com alecia.brower@eastersealsucp.com chavela.wooden@eastersealsucp.com
Faith in Families, Inc. <i>(1 team)</i>	<ul style="list-style-type: none"> • Alamance • Forsythe • Caswell 	Kimberly Slade	336-347-7415	k.slade@faithinfamiliesinc.org

	<ul style="list-style-type: none"> • Guildford • Stokes • Rockingham 			
Haire Enterprises, Inc. <i>(2 teams)</i>	<ul style="list-style-type: none"> • Johnston • Durham • Wake • Cumberland 	Brian Hackett Allison Terrell	910-488-7517 910-488-7517	c_rep_terrell@netzero.net
Haven House Services <i>(1 team)</i>	<ul style="list-style-type: none"> • Wake 	Jessica Gunn	919-833-3312 (ext. 109)	jgunn@havenhouse.org
HomeCare Management Corporation <i>(1 team)</i>	<ul style="list-style-type: none"> • Iredell • Wilkes • Catawba • Alexander 	Kindle Higgins	704-873-5399	higgins@homecaremgmt.org
Johari Family Services <i>(2 teams)</i>	<ul style="list-style-type: none"> • Harnett • Hoke • Lee • Johnston • Cumberland 	Camisha Campbell Roderick Ward	910-897-3000 910-897-3000	ccampbell@joharifs.com rward@joharifs.com
Pathways to Life, Inc. <i>(1 team)</i>	<ul style="list-style-type: none"> • Johnston 	Bryon Norris	919-351-0428	bnorris@pwestolife.com
Procure Therapeutic Agency, Inc. <i>(1 team)</i>	<ul style="list-style-type: none"> • Mecklenburg • Gaston 	Carshia Pollard	704-910-1122	cpollard@procureagency.com
Trinity Services LLC <i>(1 team)</i>	<ul style="list-style-type: none"> • Anson • Hoke • Moore • Richmond • Robeson • Scotland • Guildford • Cumberland • Harnett • Lee • Montgomery • Randolph 	Eric Hall	910-895-6270	
Uplift Comprehensive Services <i>(2 teams)</i>	<ul style="list-style-type: none"> • Camden • Chowan • Currituck • Dare • Hyde • Martin • Pasquotank • Perquimans • Tyrrell • Washington • Gates • Pitt 	Lutisher Moore LaKeisha Lightly	252-334-1612 252-334-1536	lmoore@upliftnc.org